



Vernon Senior Center's

Issue 2

August 2013

# Senior Moments

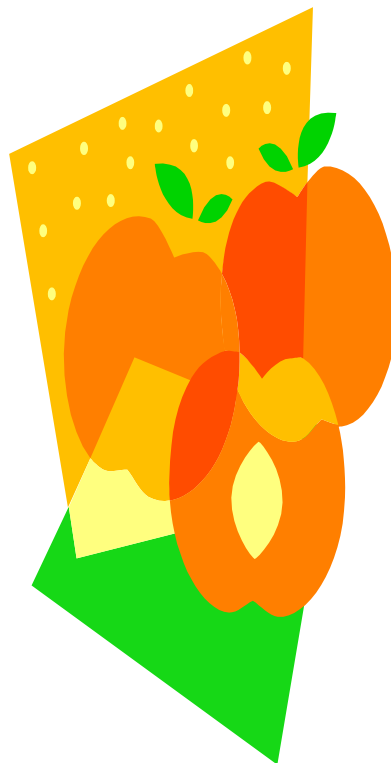


## August Is Peach Month

In celebration of "Peach Month", the Center is hosting a peach shortcake party on **Friday, August 9th at 1:30pm.**

In 1982, in recognition of the role peaches play in our food supply and our economy, the Congress by Joint Resolution requested that the President designate August as National Peach Month.

This holiday is for honoring and enjoying the great flavor of juicy



peaches.

The Center will be offering not only fresh peach shortcake but also some fun games that will stimulate you and make you laugh. Remember laughter is an important part of life and can be key to your well-being.

The cost is \$2. Please contact the Center to register for this fun filled summer activity.

Hope to see you on the 9th! Space is limited.

### Inside this issue:

Happenings	1
Health Activities	2
Exciting Opportunities	3
FYI	6
Trips	9
Hours and Location	14

## Newcomers Welcome

On the fourth Thursday of every month, the Senior Center will host a tour of the Center for new seniors. This month, it will be held on Thursday, August 22nd at 1:30pm.

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that would be of interest

to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and

hope to see you on the 22nd. Please call to register. Please note it costs \$2 to join the Center.



# Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on Wednesday, August 14th. The hours are from 9:00 am — 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.

The Senior Center offers Foot Care on Thursday, Sept. 5th & Thursday, Sept. 12th. It is necessary that you schedule an appointment, so please contact the Center at 860-870-3680. Appointments are available between 9:00 am and 1:30 pm.



The next Hearing Screening will be held on September 26th. Please call Sela at the Center to schedule an appointment. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides and will be available to answer any of your questions.

## Other Healthy Activities

**Walking Club:** The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. In inclement weather, the club will walk at the Senior Center. If you are interested in joining, please call the Senior Center to register.



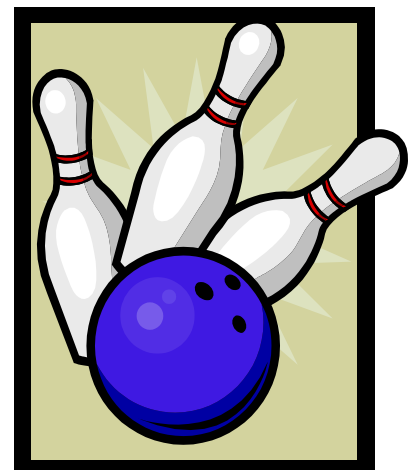
### Table Massage

Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$15 for a half an hour and \$30 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

## On-Going Healthy Activities

**Tai Chi:** This activity is offered on Friday at 10:00am. Tai Chi is Chinese “meditation in motion” that is primarily practiced for health benefits. It consists of slow movements that emphasize body coordination, strength, flexibility and relaxation. Alcyone Brennan is the Instructor. 1st class is free for new folks. Cost \$5 weekly.

**Wii Bowling:** This activity is offered on Fridays at 12:30pm. Join the hooting and hollering as everyone is having lots of fun. The Center’s team, The Vernon Alley Cats, is taking the summer off from competitions. Anyone interested in playing or learning to play, please join us on Friday afternoons.



# Cards & Games

**Bingo**—Mondays at 1:00pm

**Bridge**—Fridays at 1:00pm

**Canasta**—Wednesdays at 1:00pm

**Chess**—Tuesdays at 9:30am

**Cribbage**—Wednesdays at 9:45am

**Dominos** Tuesdays at 1:00pm

& Thursdays at 10:00am

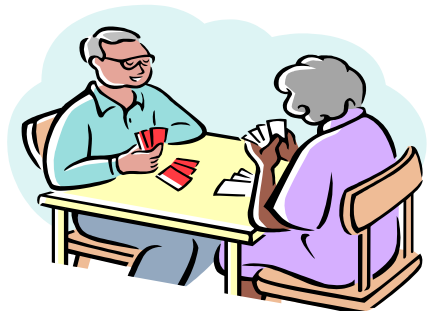
**Mah Jongg**—Mondays at 9:30am, Wednesdays & Thursdays at 1:00 pm

**Pinochle**—Tuesday & Thursdays at 1:00 pm

**Scrabble**—Tuesdays at 1:00pm

**Set Back**—Friday at 9:45am

**Wii Bowling**—Fridays at 12:30pm



## Exciting Opportunities

**Card Making Class:** Have you ever wanted to learn how to make your own greeting cards? The Center will offer a 4-week class starting on **Monday, Sept 9th at 10:00am**. Pat Haag will instruct the class. You will create cards for all occasions, holidays, birthdays, etc. You will work with rubber stamps, all you need



to bring is your own set of magic markers, the instructor will supply all other materials needed.

Call or come to the Center to sign up and get a jump on your Holiday Greeting Cards.

There is no fee for the class. Pat is volunteering her time and supplies.

## Movie Matinee

**Popcorn and A Movie**—The Center is offering a movie matinee on **Wednesday, August 14th at 1:00pm**. The feature film is Robot & Frank. It is about kids who are worried about their aging father & give him a robot who is programmed as a caregiver. Frank, a retired cat burglar, begins to treat the robot as his partner in crime.

The next matinee is Quartet on **Wednesday, August 28th at 1:00pm**. This film is about a trio of retired opera singers' annual celebration of Verdi's birthday which sours when a 4th member shows up but refuses to sing. Tensions rise and diva drama erupts!

Popcorn will served so please

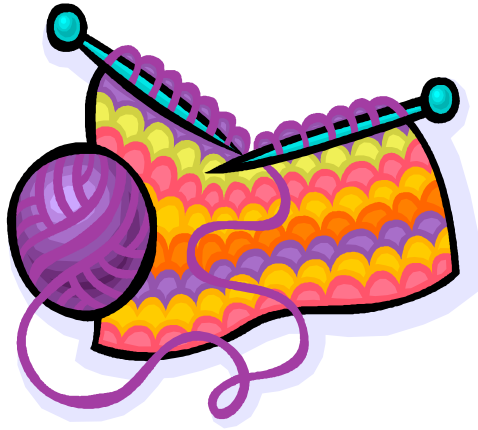
call to register so we know how much popcorn to pop.



# Creative Goings On

## Drawing Class

Mary Wolff teaches a drawing class on Tuesdays at 1:00 pm. They use color pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.



## Knitting & Crocheting

Do you like to knit or crochet? We have a very active group & this activity now meets twice a month. Come and join our knitting & crocheting group on the 2nd & 4th Wednesday of the month at 10:00 am. All knitters are welcome. The group gets bigger every month!

# A Hodgepodge

**Thank You** The Senior Center has been recognized for our tab donations to the Shriners. These donations help the Shriners continue their good works throughout our region. A special thank you to all who have collected the soda can tabs.

**Bingo:** Bingo is played every Monday at 1:00pm. Admission is \$.50, cards cost \$.10 each, with paper specials strip of 3 at \$.20 each. All money collected is paid back in prizes. Volunteers are needed as bingo callers and to help collect money and distribute prizes. Any senior who is

interested may come and join our bingo players!

**Book Club:** The Book Club meets on the 3rd Thursday of each month. The club will not meet in August. Look for announcements regarding the September date. New members are always welcome.

# For the Sports Minded

**Drop In Pool** -Men's drop in pool is on Wednesday and Friday afternoons at 1:00pm. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

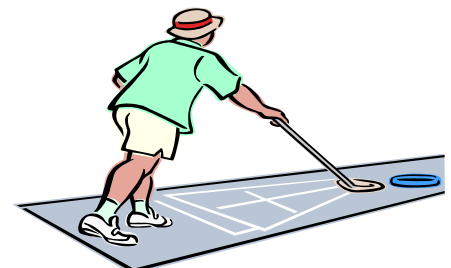
**Ladies Pool** - The ladies play pool on Tuesday mornings

at 10:00am. This is a chance for the ladies to practice their shooting skills. Any senior lady who would like to join the group is welcome!

## Shuffleboard

**Tournament:** Leg 1 of the tournament has ended with Team 2: Joe Grabinski and Dot Sherman in first place. We have a tie for second place

between Team 1: Sibyl Krebs & Barry Obedzinski and Team 5: Doris Lovering & Doug Porter. The tournament will continue through August..



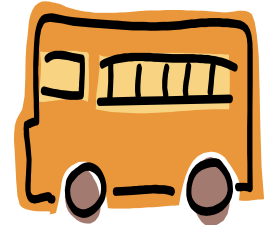
# Transportation

**Senior Car**—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

**Senior Bus**—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, Windermere Court. Our bus will be going to Buckland

Mall & Wal-Mart on August 16th.

Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council at 860-870-7940 as they provide Dial Ride services.



A

## Senior Center Library

Library books, VHS tapes and Puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.



All items have been donated. Our Library is now up and running again and donations are gladly accepted. Jean Bostrom and Tina Sulam continue to volunteer keeping the library organized and easily categorized for your reading pleasure. A special thank you for all their hard work.

## Medical Equipment

The Center has medical equipment to loan out to seniors who may need walkers, canes, commodes, shower seats and wheelchairs.

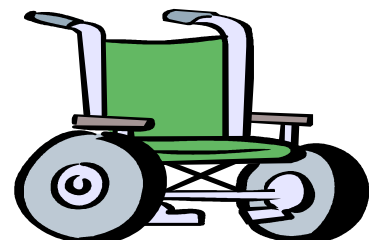
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

The program has been utilized widely and is very much appreciated by those in need.

We often receive thank you notes from family members informing us that this service is very valuable and beneficial.

If you would like more information, please call Sela at 860-870-3680. If you wish to

donate any items, please contact the Center. **We need shower seats, transfer benches, walkers & wheelchairs.**





# FYI

**Parking At the Senior Center** We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool. Also, we try to schedule well attended events on Friday afternoons when Town Hall is closed & more parking is available.

**Notary Public Service** is available at the Senior Center, free of charge. This service is offered for Vernon seniors only. If you need paperwork notarized, please contact the Center for an appointment.  
**Suggestion Box** Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor

**Age Requirement Change**  
The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

## CHOICES Counselor

Cathy Bouley, a trained CHOICES counselor, will assist you with questions that you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the training and

keeps the counselors informed about any changes in Medicare



& other health insurance programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Sela at 860-870-3680 to schedule an appointment. Please note that the counselors do not sell insurance.

## Upcoming Events

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

September 16th : Trip to Big E

September 20th: Story of William Webb, an African American Civil War soldier, from Connecticut

October 4th: Luncheon & the Troubadours

October 18th: The Secrets of a Mother & Daughter Sewing a New Life in America



## Special Event

### **Birthdays & Anniversaries**

The Center will be celebrating August and Sept. Birthdays & Anniversaries on **Monday, September 9th at 2:30pm.** If you have a birthday or anniversary, please stop by for the celebration. Even if you don't have a birthday, please stop by to wish your fellow seniors a very "Happy Birthday".

A Birthday cake will be served, so please contact the Center to register so we know how many to expect.

Birthdays and Anniversaries are very special occasions and the Senior Center is honored to recognize those seniors at these special festivities.

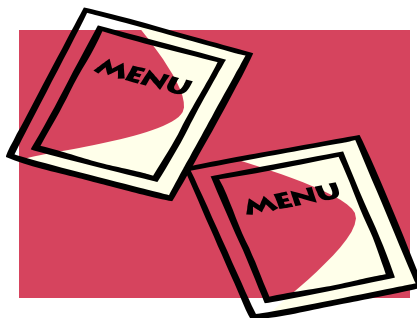
Come and share your special day with us.



## Other Activities

The "**Out to Lunch Bunch**" meets on the first **Tuesday** of every month. Each month a restaurant is chosen and this month the "bunch" is going to "Lena's Family Restaurant" in South Windsor. The group will be meet on **Tuesday, August 6th at 1:00pm.**

The senior bus is available for transportation and pick up at all



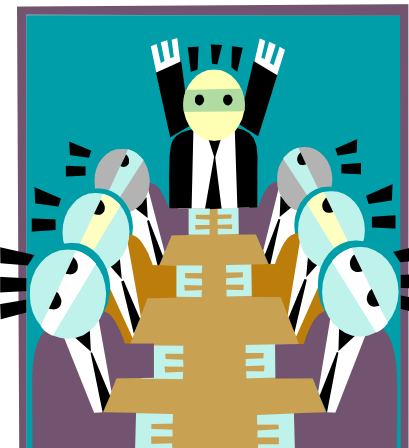
the Vernon Senior Housing facilities with stops at the Senior Center and Sacred Heart Church. Please call Sela or come to the Center to sign up for this fun day out with your friends.

Thank you to Marion Pitman who organizes all the lunches. We appreciate all your hard work.

## Advisory Board Update

The Senior Center Advisory Board meets the 4th Tuesday of the month at 9:30 am.

The following are the present board members: Jean Inge, Ron Kane, Joe Grabinski, Sally Hearn and Polly Schaefer. Carol Nelson, Dave Alter, Ed Zinky & Gerry Probulis recently resigned. We thank



them their service. The board does not meet over the summer. The next meeting is Tuesday, September 24th.

The Board meetings are an open public meeting and anyone who wishes to attend is more than welcome.

Your suggestions are always welcomed.

# What You Should Know

**Renter's Rebate** Vernon Social Services are taking Renter's Rebate applications for seniors age 65 and disabled individuals. The application filings dates are from April 1st through October 1st. For more information or to schedule an appointment, please call Social Services at 860-870-3661.

**Birthdays & Anniversaries** If you would like to have your birthday or anniversary recognized in the Senior Newsletter and/or Journal Inquirer Senior Center column, please contact Ellen at 860-870-3680. Birthdays and Anniversaries are extraordinary as we age so let us honor you on your special day.

**Signing In At the Senior Center.** It is really important that you remember to sign in with both first & last names & sign in clearly. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

## Housing Rehabilitation Loan Program

Are you a senior who owns your home and can't afford necessary repairs? You may be eligible for the Town of Vernon Housing Rehabilitation Loan Program.

The type of work that may be eligible for funding includes but not limited to roofing, plumbing heating, electrical work and



carpentry. Funds are typically offered in the form of deferred loans to the owner. There are income limits for this program.

For more information regarding eligibility or to apply, please contact Vernon Social Services at 860-870-3661

## The Big E

The Center will offer a trip to the Big E, Eastern States Exposition on **Monday, September 16th.**

Transportation will be provided by the Vernon Senior Bus. The bus will depart from the Green Circle Commuter Lot at 9:00am and will return at approximately 3:00pm.

Due to popular demand we will accommodate Vernon residents first. Non-Vernon Residents will be put on a wait list.

Cost is \$12.00 for Vernon Residents and \$17.00 for non-residents.

Call now to sign up for this fun trip. Seats sell out quickly!





# Senior Center Trips

## *The Finger Lakes*

America's second largest wine region is practically next door in the enchanting Finger Lakes region of upstate New York. We will sample some of the very best wines along the Cayuga Lake Wine Trail, cruise the famous Erie Canal and enjoy the spectacular scenery aboard the Adirondack Scenic Railroad on our 4 day adventure, **September 23-26, 2013**. Our hotel will be the lovely Inn of the Finger Lakes in

Auburn, on Owasco Lake. We'll enjoy lakefront dining at the Sherwood Inn in Skaneateles & the Belhurst Castle in Geneva. We'll tour Plantations & the beautiful college campus in Ithaca, stop at Taughannock Falls. We'll visit MacKenzie-Childs, known world over for its whimsical, hand painted ceramics. En route home you may test your luck at Turning Stone Casino.

### **Some Tour Highlights**

Three nights lodging at the Inn of the Finger Lakes

Seven meals: 3 breakfasts, 3 dinners, & 1 luncheon

Nightly wine & beer reception at our hotel

Trip cancellation/interruption insurance & more.

**Cost \$539 per person based on double occupancy.**

Call the Center for more information regarding this wonderful trip.

## *Evergreen Walk Trip*

The Senior Center is offering a trip to Evergreen Walk in South Windsor on **Tuesday, August 20th, arriving approximately at 11:00am.**

We will be using the Senior Center Bus and will be picking up passengers at the elderly housing sites, Sacred Heart Church parking lot and the Senior Center.

The Evergreen Walk is an outdoor shopping center with upscale shops, eateries and is set in a park like village venue. There are a full range of shops



offering clothing, household goods, just to name a few.

Come and enjoy some shopping, find some bargains, go out to lunch or just have an ice cream cone and people watch.

Please contact the Senior Center at 860-870-3680 to register for this fun outing.

There is no charge for transportation but space is limited so please register early. The bus returns to Vernon at approximately 2 o'clock.

# DAY TRIPS

## *A Day In Vermont*

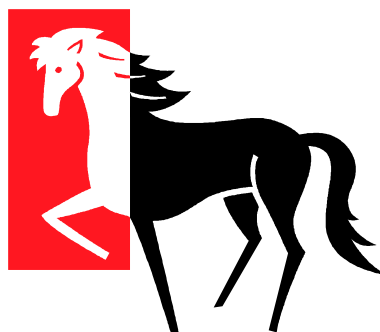
Join us on **Thursday, September 12th**, as we travel to beautiful Vermont. We begin our day with lunch at the Putney Inn located in Putney, VT. You'll enjoy the classic Vermont Feast which is a bountiful combination plate served with Vermont Maple Glazed Ham & Roast Turkey with country stuffing. Lunch is served with salad, rolls, vegetable, mashed potato, dessert & coffee.

After lunch we travel to Townshend VT to the Friesians of Majesty Farm. We will enjoy a guided tour of the European style barns and watch a captivating show and the indoor arena featuring the Friesians Horse drill team.

On the way home we will make a stop at the Grafton Cheese Shoppe, featuring over 80 varieties of cheese fine wines , fresh breads

and Vermont specialty items.

Cost is **\$87.00** per person includes lunch, tour, all taxes & gratuities including the driver.



## **Upcoming Day Trips**

Listed below are some of the upcoming day trips for 2013. Please watch the Vernon Senior Center News Column published on Saturdays in the Journal Inquirer Newspaper.

**Once a trip is fully advertised in the Journal Inquirer, you may call or come to the Center to sign up.**

Trips are for seniors age 55 and over. We welcome Vernon Seniors as well as seniors from surrounding towns.

Thursday, August 15th:  
Historic Lowell Mass

Monday September 16th: Big E

Thursday, October 10th: Salem Witch Museum/Pickering Wharf

Tuesday, November 19th: NYC Botanical Garden Holiday Train Show. Lunch at Carmines

Wednesday, December 11th: Salem Cross Inn, Fireplace Feast. West Brookfield MA.

All trips include Drivers Gratuity unless otherwise noted.

### **Cancellation Policy**

If a person cancels a trip for any reason, NO refunds will be given once payment is received unless we are able to fill your spot on the trip. We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.

# Special Events & Services

## “Seniorhood Fair”

Where can I get help in my community for myself, for someone I love, for an aging parent?

The Vernon Multidisciplinary Team wants you to be able to find the answers to these questions. This “team” is actually a group of area responders, social service providers, legal assistance groups and other which help seniors with most kinds of life challenges and issues.



The senior fair called “Seniorhood” will be held on **Saturday, October 5 from 9:00am until 2:00pm** at Vernon Center Middle School. The free event will offer information, food, fun and an educational experience for adults, caretakers and seniors. More details of the event will follow as the date approaches.

Please mark your calendar so you don't miss this event.

## Putting Green Competition

Come and join us at the Senior Center for a friendly golf putting green competition on **Monday, August 26th at 1:30pm.**

You do not need to be a golfer to participate. If you have played miniature golf in your lifetime, you are well qualified to compete in this activity.

We will also be offering refreshments and will have prizes for our winners. It is a time for fun and a chance to meet others in our community.



The Center will supply all the necessary equipment but if you have a putter and would like to bring it, you are more than welcome to do so.

For those who have never golfed, you will be allowed to take some practice shots.

Please call the Center to register for this new and exciting activity.

Ladies let's show the guys what you can do!! Hope to see you on the 26th.

# ***Presentations***

## ***Noon Institute***

Manchester Community College's Noon Institute is at Vernon Senior Center once a month on Mondays.

Our next program,, The Cheney Company Auction of 1937 will be **Monday, August 12th at noon.** This is the story of the Cheney Brothers Silk Company who were required by the federal government to sell their employee housing in order to receive federal bankruptcy protection. The auction homes



resulted in 245 houses sold in just 3 days.

**Pre-registration is required.** The cost is \$5 per program. You may register on line at Manchester Community College Website or by mail.

Registration forms are available at the Senior Center. No cash can be accepted. Please make your check payable to Manchester Community College.

## ***Fish Family Dairy Farm & Ice Cream Bar***

Please join us for an outing to Fish Family Dairy Farm on **Tuesday, August 27th at 1:00pm.** We will be using the Senior Center Bus and will be picking up passengers at the elderly housing sites, Sacred Heart Church parking lot and the Senior Center.

At the Dairy Farm which is located in Bolton, the ice cream is made onsite from their own Jersey cows. They also, offer their own pasteurized and bottled milk, cheeses and other dairy products such as chocolate



milk.

When Don Fish brought the farm, he wanted to share the experience with the public, so he opened the farm and dairy store to all. They are one of a few dairy farms in Connecticut that milk, pasteurize and bottle their own milk. They also offer self guided barn tours.

If you are interested in this fun time and would like some old fashion homemade ice cream, please call the Center to register. Space is limited.

Keep Cool This Summer

Join us at the Senior Center for a fun day!



## August's Birthdays !

### Happy Birthday:

Marion Pitman	Aug 2
Marie Collins	Aug 3
Beatrice Lusa	Aug 7
Sandy St. James	Aug 10
Jane Czarnecki	Aug 11
Rose Tipaldi	Aug 14
Alfred Dreher	Aug 14
Grace Hutchins	Aug 17
Betty Brow	Aug 25
Gail Dimmock	Aug 27
Leslie Ames	Aug 27

### Birthdays Continued:

Danny Domingues	Aug 27
<b>Happy Anniversary:</b>	
Bill & Maureen Tyler	Aug 3
Jack & Betty Brow	Aug 27

***Friends  
Are Always  
Welcome***





**Happiness is VERNON SENIOR CENTER**

**26 Park Place**

**Phone: (860) 870-3680**

**Fax: (860) 870-3588**

**Email: pclaydon@vernon-ct.gov  
eballos@vernon-ct.gov**

• • • • •  
**Hours**

**Monday—Friday  
9:00am-3:00pm**

**Join us at the Senior  
Center for a fun day!**

*The Vernon Senior Center is committed  
to assisting Vernon seniors by providing  
programs that meet their needs and address their  
concerns.*

*Our staff includes:*

*Paula Claydon, Director*

*Ellen Ballos, Assistant Director*

*Sela Saunders, Secretary/Receptionist*

*Cathy Bouley, Coordinator*

Vernon Senior Center  
26 Park Place  
Vernon, CT 06066

To: